



# HANOVER HAPPENINGS

JANUARY/FEBRUARY, 2017

HANOVER COUNCIL ON AGING MISSION STATEMENT

*To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual.  
The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs*

## January/February Message From Director:

Happy New Year! Another year to create new hopes and dreams!

Speaking of hopes and dreams, the Hanover Senior Center is beginning strategic planning for it's future.

Hanover is a growing Senior community. In order for the Hanover Senior center to continue to be successful, there needs to be a roadmap for continued success.

A strategic plan is necessary. The plan will provide the Town of Hanover with a vision to address priorities that concern elders in the community. While we expect to accomplish many of our goals, the process takes time.

Patience and vision are two very important components for this undertaking.

Join us in a discussion on Wednesday, January 11, 2017 at 5:00PM.

Sharing your thoughts is important to us.

If you would like to be a part of this discussion, please join us on the above date for a light supper of pizza and salad.

Reservations are a must. Please call 781-924-1913.

***“Planning is a process of choosing among those many options. If we do not choose to plan, then we choose to have others plan for us.”***

Richard I. Winwood



HAPPY  
New Year  
2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><b>CENTER CLOSED FOR HOLIDAY</b></p>	<p><b>3</b></p> <p>9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH &amp; RELAX</p> <p><b>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</b></p>	<p><b>4</b></p> <p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER</p>	<p><b>5</b></p> <p>10:00 BOWLING 10:00 EXERCISE W/CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH &amp; RELAX</p> <p><b>PM MALL SHOPPING</b></p>	<p><b>6</b></p> <p>10:00 ARTHRITIS EXERCISE <b>1:00 MASS AUDUBON</b></p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>
<p><b>9</b></p> <p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG <b>1:00 LINE DANCING</b></p> <p><b>PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</b></p>	<p><b>10</b></p> <p>9:30 MORNING OUT 11:45 OLD COLONY SPECIAL LUNCH 1:00 TAI CHI 2:15 STRETCH &amp; RELAX</p> <p><b>PM SHOPPING KOHLS/STOP &amp; SHOP</b></p>	<p><b>11</b></p> <p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER</p> <p><b>5:00 STRATEGIC PLANNING FORUM</b></p>	<p><b>12</b></p> <p>10:00 BOWLING 10:00 ASK A LAWYER 10:00 BOOK CLUB LIBRARY 10:00 EXERCISE W/CHRIS 1:00 ZUMBA 1:00 BRIDGE 2:00 BEREAVEMENT 2:15 STRETCH &amp; RELAX</p> <p><b>PM MALL SHOPPING</b></p>	<p><b>13</b></p> <p>10:00 ARTHRITIS EXERCISE CENTER CLOSED PM</p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>
<p><b>16</b></p> <p><b>CENTER CLOSED FOR HOLIDAY</b></p>	<p><b>17</b></p> <p>9:00 BLOOD GLUCOSE 9:30 MORNING OUT 9:30 MENS DISCUSSION 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH &amp; RELAX</p> <p><b>PM SHOPPING STAR/MARSHALLS MARSHFIELD</b></p>	<p><b>18</b></p> <p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER</p>	<p><b>19</b></p> <p>10:00 BOWLING 10:00 EXERCISE W/CHRIS 1:00 ZUMBA 1:00 BRIDGE 2:00 BEREAVEMENT 2:15 STRETCH &amp; RELAX</p> <p><b>PM MALL SHOPPING</b></p>	<p><b>20</b></p> <p>10:00 ARTHRITIS EXERCISE <b>1:00 ART FOR YOUR MIND</b></p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>
<p><b>23</b></p> <p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG <b>1:00 LINE DANCING</b> <b>1:00 DECO ART</b></p> <p><b>PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</b></p>	<p><b>24</b></p> <p>9:30 MORNING OUT 1:00 TAI CHI 2:15 STRETCH &amp; RELAX</p> <p><b>PM SHOPPING MARKET BASKET</b></p>	<p><b>25</b></p> <p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 BOOK CLUB AT SENIOR CENTER</p>	<p><b>26</b></p> <p>10:00 BOWLING 10:00 EXERCISE W/CHRIS 1:00 ZUMBA 1:00 BRIDGE 2:00 BEREAVEMENT 2:15 STRETCH &amp; RELAX</p> <p><b>PM MALL SHOPPING</b></p>	<p><b>27</b></p> <p>10:00 ARTHRITIS EXERCISE <b>1:00 WILLIAM MORRISETTE</b></p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>
<p><b>30</b></p> <p>8:30 YOGA 9:30 BLOOD PRESSURE 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG</p> <p><b>PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</b></p>	<p><b>31</b></p> <p>9:30 MORNING OUT 1:00 TAI CHI 2:15 STRETCH &amp; RELAX</p> <p><b>PM SHOPPING BIG Y (formerly Hannaford)</b></p>	<p><b>WINTER WEATHER POLICY</b></p> <p>In the event of weather-related school cancellations, all COA programming will be cancelled.</p> <p>Transportation services will also be cancelled.</p> <div data-bbox="990 1245 1531 1484" data-label="Image"> </div>		

*All the seniors in town  
are reading this newsletter.*


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**Be World  
Conscious  
Recycle!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER <b>1:00 ROCK PAINTING</b>	<b>2</b> 10:00 BOWLING 10:00 EXERCISE W/CHRIS 1:00 ZUMBA 1:00 BRIDGE 2:00 BEREAVEMENT 2:15 STRETCH & RELAX  <b>PM MALL SHOPPING</b>	<b>3</b> 9-12 FOOT CLINIC (By Appt) 10:00 ARTHRITIS EXERCISE 1:00 MOVIE <b>12 YEARS A SLAVE</b>  <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>6</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG  <b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b>	<b>7</b> 9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH & RELAX  <b>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</b>	<b>8</b> 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER <b>1:00 ROCK PAINTING</b>	<b>9</b> 10:00 BOWLING 10:00 EXERCISE W/CHRIS 10:00 ASK A LAWYER 10:00 BOOK CLUB LIBRARY 1:00 ZUMBA 1:00 BRIDGE 2:00 BEREAVEMENT 2:15 STRETCH & RELAX  <b>PM MALL SHOPPING</b>	<b>10</b> 10:00 ARTHRITIS EXERCISE <b>11:15 REIKI</b> 1:00 ART DECO <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>13</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG <b>1:00 LINE DANCING</b>  <b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b>	<b>14</b> 9:30 MORNING OUT 11:45 OLD COLONY SPECIAL LUNCH 2:15 STRETCH & RELAX  <b>PM SHOPPING KOHL'S/STOP &amp; SHOP</b>	<b>15</b> 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER <b>1:00 ROCK PAINTING</b>	<b>16</b> 10:00 BOWLING 10:00 EXERCISE W/CHRIS 1:00 ZUMBA 1:00 BRIDGE <b>2:00 BEREAVEMENT</b> 2:15 STRETCH & RELAX  <b>PM MALL SHOPPING</b>	<b>17</b> 10:00 ARTHRITIS EXERCISE <b>1:00 ART FOR YOUR MIND</b>  <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>20</b> <b>CENTER CLOSED FOR HOLIDAY</b>	<b>21</b> 9:00 BLOOD GLUCOSE 9:30 MORNING OUT 9:30 MENS DISCUSSION 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH & RELAX  <b>PM SHOPPING STAR/MARSHALLS MARSHFIELD</b>	<b>22</b> 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 BOOK CLUB AT SENIOR CENTER <b>1:00 ROCK PAINTING</b>	<b>23</b> 10:00 BOWLING 10:00 EXERCISE W/CHRIS 1:00 ZUMBA 1:00 BRIDGE 2:00 BEREAVEMENT 2:15 STRETCH & RELAX  <b>PM MALL SHOPPING</b>	<b>24</b> 10:00 ARTHRITIS EXERCISE 1:00 MOVIE <b>HE NAMED ME MALALA</b>  <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>27</b> 8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE <b>1:00 TEA</b> 1:00 MAH JONG  <b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b>	<b>28</b> 9:30 MORNING OUT 1:00 TAI CHI 2:00 WOMEN'S GROUP 2:15 STRETCH & RELAX  <b>PM SHOPPING MARKET BASKET</b>	 <p>PeaceBenWilliams Blog</p>		

**MASS AUDUBON PRESENTS:****Friday, January 6 at 1PM****NATIVE OWLS**

An educator from Mass Audubon's Drumlin Farm will present a workshop on native New England owls including the Great Horned owl and Screech owl.

Reservations are necessary.

**OLD COLONY SPECIAL LUNCH**

Tuesday, January 10 at 11:45AM, fee only \$2.50

**ART FOR YOUR MIND****Friday, January 20, 2017 at 1PM****The Renaissance, Italy's Finest**

*The Renaissance, Italy's Finest*, features the accomplishments of famous artists of the Italian High Renaissance. Increase your awareness of one of the most famous art periods of all time with this opportunity to look closely at the ways Botticelli, Da Vinci, Michelangelo, and Raphael redefined the language of art. Join us for an enjoyable hour of challenging your mind in new ways.

**TAX TIME!**

Joe Benson returns to prepare tax returns again this year. He will be here on Wednesday mornings beginning January 25. First appointment is at 8:00 AM and last is 11:20 AM. Please call 781-924-1913 to make an appointment. Cost is \$35.00

**WILLIAM MORRISSETTE****Friday, January 27, 2017 at 1 PM****READING PEOPLE****LEARN FROM AN EX-CIA****LANGUAGE EXPERT**

William Morrisette is the Department Chair, Social Human Services and Criminal Justice at Bay State College. Join Mr. Morrisette for this interesting topic. Learn to comprehend and accurately detect the truth as well as detect lies. Reservations are necessary.

**LINE DANCING dates:** Mondays, January 9 and 23, February 23.

**PAINTING ROCKS****FINDING GRACE ON THE NAVA TRAIL**

Join us on Wednesday afternoons in February at 1:00PM to paint rocks with unique designs and inspirational words.

Your imagination will help pave the way for motivating walks through Hanover's Nava Trail situated on the senior center property.

Based on the Grace Trail initiated by Anne Jolles, author of GRACE TRAIL

**REIKI****Friday, February 10 at 11:15AM**

Reiki is an energy healing tool that increases the energy of the chakras (subtle energy points on the body) which will in turn allow the body to heal itself.

Reiki is an alternative, non-invasive way to treat pain, anxiety and stress, without the use of medications.

Please join us to learn more.

Clinic sponsored by:

Lee Ann Arbia

Usui Shiki Ryoho Reiki Master/Teacher

Owner of Body & Soul Reiki Healing Hanover

**OLD COLONY SPECIAL LUNCH**

February 14 at 11:45AM, fee only \$2.50

**ART FOR YOUR MIND****Friday, February 17, 2017 at 1PM****Landscapes Old and New**

The featured topic, *Landscapes Old and New* is a collection of images from America, Europe and beyond. See how simple scenes become surprisingly informative and interesting when close, guided observation is combined with insight into the decisions and goals of the artists. Join us for an enjoyable hour of challenging your mind in new ways!

**FEBRUARY TEA****Monday February 27 at 1PM, fee \$5.00**

Sheryl Faye presents:

*Anne Frank*— A life to remember! A story of Hope, Love, and perseverance!

## **FEBRUARY IS HEART MONTH**

### **IN THE EVENT OF A HEART ATTACK:**

The American Heart Association encourages you to:

1. Recognize the warning signs.
2. Take immediate action, including calling 9-1-1.
3. Begin CPR, using a combination of rescue breaths and chest compressions.
4. Get early access to automated external defibrillation (AED).

The signs of sudden cardiac arrest are:

Sudden loss of consciousness

Loss of responsiveness (no response to stimulation)

Absence of normal breathing

The best way to survive a heart attack is to avoid it altogether by getting early treatment for heart problems, Fishbein says. "If you think you might have heart disease, get checked out."

### **Heart Attack Warning Signs**

Here are some of the signs that can mean a heart attack is happening.

Chest discomfort – Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and come back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body – Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath – This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.

Other signs – These may include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, get help quickly (within five minutes). Call 9-1-1. Get to a hospital right away. Calling 9-1-1 is almost always the fastest way to get life-saving treatment.

## **HANOVER FOOD PANTRY**

It is the goal of the Hanover Food Pantry to serve members of our community during times of need. We are here to help those families in crisis with understanding and compassion.

Please take the time to read the information contained below so that you can better understand our procedures and guidelines.

### **Who?**

Anyone in need of food from the town of Hanover or who attends a Church in Hanover may come to the Pantry once in 30 days. People in need from outside the town may come if there is no available food pantry in their town, or is in a critical situation.

### **What?**

We will provide a 3-day supply of food appropriate for each family based on their size and needs. Our pantry shelves generally include toiletries, paper products, canned meat and soup, pasta, cereal, peanut butter, jelly, coffee, tea, rice, canned vegetables and snacks

### **Where?**

The basement of the First Baptist Church in Hanover at the corner of Webster St. and Main St.

### **When?**

The Hanover Food Pantry doors open to service our clients every Wednesday from 12:30 – 2:30 PM.

### **How?**

The Pantry is made possible through the hard work and dedication of a core group of volunteers from five participating churches and the Hanover Woman's Club Juniors

### **Procedures**

Clients are asked to complete a numbered application form at each visit. This information provides us with family size and composition so that we can make appropriate selections to meet your needs.

We will request an ID in order to confirm your residency in Hanover.

Clients are served in numerical order and every effort is made to fulfill any special need or request. Many clients provide us with a list of items which we find helpful.

We provide each family with a small gift card to a local grocery store so that they can purchase some perishable items not stocked on our shelves.



**NEW AND RENEWED FRIENDS**

The following names were submitted to the publisher on December 1 for the January publication. Names received after December 1 and before February will be published in the March newsletter.

**2017 NEW AND RENEWED FRIENDS**

Joseph & Margaret Zemotel, William & Martha Dooley, Leonard & Yvonne Noiles, Noreen Bailey, Charlene & Jim Kennedy, Phyllis White, June Lane, Carol Radke, Edward Finn Jr., Barry & Marjorie Gallagher, Robert Schiffer, Marilyn Mattie, Kay Green

**ADDITIONAL DONATIONS**

William & Martha Dooley, Nancy Johnson, Leonard & Yvonne Noiles, Charlene & Jim Kennedy, Phyllis White, Carol Radke, Barry & Marjorie Gallagher, Ann Savage, Robert Schiffer, Marilyn Mattie, Kay Green, Alfred & Joan Wood

**THANKS FOR PRODUCT DONATIONS**

Helen Doucette, Pat Baker, Barbara Januszewski, Janice Johnson, Janice Connolly, Hazel O'Leary

**IN MEMORY OF**

Carol Radke in memory of Karl Radke  
Barry & Marjorie Gallagher in memory of Connie Cicchini  
Ann Savage in memory of Nick & Dora Mina and Ed & Ann Savage  
Robert Schiffer in memory of Robert F. Mattie  
Kay Green in memory of Linda Green

**MOVIES IN FEBRUARY**

Movies are Fridays at 1PM  
Join us for thought provoking movies and popcorn.  
February 3 **12 Years a Slave**  
February 24 **He Named Me Malawa**

**ART DECO Friday February 10 at 1PM, fee \$5**

**BE PREPARED****20 SIGNS OF A HARD WINTER**

1. Thicker than normal corn husks
  2. Woodpeckers sharing a tree
  3. Early arrival of the Snowy Owl
  4. Early departure of geese and ducks
  5. Early migration of the Monarch butterfly
  6. Thick hair on the nape (back) of the cow's neck
  7. Heavy and numerous fogs during August
  8. Raccoons with thick tails and bright bands
  9. Mice eating ravenously into the home
  10. Early arrival of crickets on the hearth
  11. Spiders spinning larger than usual webs and entering the house in great numbers
  12. Pigs gathering sticks
  13. Insects marching in a line rather than meandering
  14. Early seclusion of bees within the hive
  15. Unusual abundance of acorns
  16. Muskrats burrowing holes high on the river bank
  17. "See how high the hornet's nest, 'twill tell how high the snow will rest"
  18. Narrow orange band in the middle of the Woolly bear caterpillar warns of heavy snow; fat and fuzzy caterpillars presage bitter cold
  19. The squirrel gathers nuts early to fortify against a hard winter and
- Frequent halos or rings around the sun or moon forecast

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#### Council On Aging Staff

Robyn Mitton,  
*Elderly Services Director*

Nancy Lester  
*Administrative Assistant/  
Client Services Coordinator*

Katie O'Brien  
*Transportation/Volunteer  
Coordinator  
Mobile Outreach*

Teresa Slight  
*Volunteer Coordinator/Client  
Services Assistant/Van  
Driver*

George, *Van Driver*  
Jenna, *Van Driver*

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Richard Farwell,  
*Vice Chairman*

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*Secretary*

Claire Flynn,  
*Treasurer*

Eleanor Kimball  
Roger Leslie  
Thelma Litchfield

**COA Delegates  
to Old Colony Elder  
Services Board of**

**Hanover Council on Aging**  
**665 Center Street**  
**Hanover, MA 02339**

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## FRIENDS OF THE HANOVER COUNCIL ON AGING

**Please make checks payable to Friends of Hanover COA and mail to:**  
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2017

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Additional Contribution: \_\_\_\_\_

I would like to make a donation to the Friends of the Council on Aging:

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Send acknowledgement of: \_\_\_\_\_

**2017 membership names will appear in our March newsletter.**

#### Friends

Dot Quinn,  
*President/Treasurer*

Elaine Crowley  
*Vice President*

Judith Barca

Margaret Rooney

Doreen Giordani